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Your essential daily news | WEDNESDAY, FEBRUARY 1, 2017

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NDP ousts former cabinet minister

OFFICIAL OPPOSITION

Mohinder Saran accused of sexual harassment



Michelle Bailey
For Metro | Winnipeg

The NDP's decision to oust a former Manitoba cabinet minister accused of sexual harassment sends a positive message to survivors, according to a local women's advocate.

Providing very few details, caucus chair Tom Lindsey confirmed on Tuesday that Maples MLA Mohinder Saran is no longer a welcome member of the official Opposition.

"In order to respect the confidentiality of all parties involved, no further comment will be made regarding this decision," Lindsey said following a closed-door meeting.

"The NDP caucus stands against all form of sexual harassment."

Saran was suspended from caucus meetings in November following a formal complaint he had harassed someone in the workplace.

While he is not facing any criminal charges, Saran was supposed to apologize to

the complainant and go through a reconciliation process. However, there's been no confirmation of either of those having taken place.

Leslie Spillett, women's rights advocate and executive director of Ka ni Kanichihk in Winnipeg, said it's good to see further action was taken.

"I'm glad that a line has been drawn because no one should have to be subjected to violence anywhere, including the workplace," Spillett said.

"People need to be held accountable for their actions and it needs to get out there that even something like a catcall is absolutely unacceptable," she added.

Spillett said decisions such as the one by the NDP to remove Saran sends a message that it's OK for sexual harassment survivors to come forward if someone violates their rights.

She said most situations go unreported, fearing their complaint won't be taken seriously.

Manitoba's Liberal Party wasn't so quick to give the NDP credit for addressing the matter.

"It is unfortunate that the NDP Caucus delayed decision regarding the allegations against Mohinder Saran for so long," said Judy Klassen, MLA for Kewatinook and interim leader of the Manitoba Liberal Party, in a statement. WITH FILES FROM THE CANADIAN PRESS

'I DON'T REGRET RAISING THE ISSUE'



Premier Brian Pallister stops short of apologizing for 'race war' comments, metroNEWS

JOHN WOODS/THE CANADIAN PRESS

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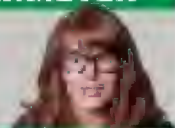
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Mayor's stance on transparency hollow

INSIDE THE PERIMETER

Shannon VanRaes



Mayor Brian Bowman is "deeply disturbed."

Again.

He was "deeply troubled" back in March of 2016 when RCMP announced they'd launched an investigation into personal cheques former mayor Sam Katz received from Caspian Construction, the company responsible for Winnipeg's new police headquarters. Bowman repeated those concerns last week after the RCMP alleged Katz and former chief administrative officer Phil Sheeji took a \$200,000 kickback from that same construction company.

In fact he's so disturbed he "will be introducing a motion for council's consideration at an upcoming executive policy committee meeting that will request the Province of Manitoba to initiate a public inquiry."

Whew! Thank goodness he got out ahead of this one.

In fairness, Bowman did say he was angered by the allegations and noted they would damage public trust, but it's hard to take his comments at face value. Despite campaigning on a promise to increase transparency, Bowman has obfuscated on the issue of a public inquiry since

the Mounties first raided the offices of Caspian Construction way back in December, 2014.

His promise for an elected Executive Policy Committee also evaporated soon after his election and as first exposed by Metro reporter Stephanie Taylor, Bowman's online meeting calendar doesn't come close to representing his actual meeting schedule.

So much for Bowman's promise to increase transparency at city hall.

Even before allegations of kickbacks arose last week, Bowman would have done well to suggest an inquiry looking at why the construction of Winnipeg's new police HQ was four years

behind schedule and nearly \$80 million over budget. Or maybe, just maybe, someone at city hall could tell Winnipeggers why they purchased the defunct Canada Post building for the new police HQ without ever examining the full extent of the aging building's faults?

If Bowman was truly serious about transparency and accountability, all of the city's real estate dealings would have been the subject of an inquiry long before the mayor's promise to finally introduce a motion to council last week.

This latest revelation's effect on the public's trust in our civic officials will be minimal, but only because there's so little public trust left to damage.

Bowman has obfuscated on the issue of a public inquiry.



Winnipeg is hoping to save some money via innovative new ideas on snow removal.

LYLE STAFFORD/FOR METRO

Clear designs

SNOW REMOVAL

City hall asks for creative ideas for roads in winter



Stephanie Taylor
Metro | Winnipeg

City hall wants to get creative with its snow clearing — and maybe even save a few bucks.

On Tuesday, the infrastructure renewal and public works committee voted for snow-clearing maintenance staff to brainstorm new and "innovative" ways to improve service in Winnipeg.

"I'm looking for creative ideas," committee chairman

Coun. Marty Morantz told reporters after Tuesday's meeting.

As an example, he pointed to municipalities that use beet juice, instead of sand, to make streets and sidewalks less slippery.

Morantz also cited a video of a grader that plows streets without leaving windrows that block driveways and sidewalks.

"There are ideas out there that we can always study and look at, it doesn't necessarily mean we'll implement them. We can see what he public service comes back with."

"It's a good idea for our public service to be forward-thinking," he said.

The department will look at techniques used in other cities, explained Morantz, and said civic streets maintenance manager, Jim Berezowsky, has

already started chasing ideas.

Morantz said the review would look at the city's entire snow removal program, from streets and sidewalks, to plowing and sanding operations.

Staff will have to report back on their findings in September.

Asked about the financial impact of changing the way the city clears snow, Morantz said each idea that gets presented would have to undergo a cost-benefit analysis to determine how worthwhile it would be.

The goal of the study is to sniff out efficiencies, he said, which means finding ways to maintain existing service levels for less money, or spend a bit extra to do a better job.

"I think there are ways we can save money through innovation. Those are the kinds of ideas I'm hoping to see come forward," Morantz said.

CITY HALL

Calling all artists

On Tuesday, the Winnipeg Arts Council issued a national call for artists to design seven public art pieces along the southwest bus rapid transit line.

Each of the seven sites have been assigned a theme that varies from celebrating and honouring local ecology to civic memory.

Drone bylaw awaits federal regulations

Councillors will wait a little longer to learn more about a proposed drone bylaw.

Lester Deane, director of the public works department, said it's better for the city to wait until Ottawa updates its own unmanned aerial vehicle (UAV) regulations in June.

Planners seek data on cycling, walking

City staff are studying how to track cyclists and pedestrians.

Coun. Janice Lukes brought forward the idea, saying it builds on other active transportation improvements around the city.

City to reimburse students part of U-Pass costs

Councillors have also signed off on a plan that would see the city reimburse student associations at the University of Manitoba and University of Winnipeg a portion of the U-Pass costs.

STEPHANIE TAYLOR/METRO

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'Wrong choice of words'

POLITICS

No apology from Pallister for 'race war' comments

Manitoba Premier Brian Pallister said Tuesday he chose his words poorly when he said tensions around night hunting are leading to a "race war" but he stopped short of apologizing.

"I regret the turn it's taken, in terms of those comments, but I don't regret raising the issue, because it's been ignored for a long time and it's already cost us lives and it shouldn't cost us more," Pallister said.

"I think I used the wrong choice of words, but I was trying to make sure that people understood we're addressing this issue, and we're doing it in a real way, by reaching out."

Pallister told a crowd in Virden, Man., on Jan. 16 that it didn't make sense to him that young Indigenous men were shooting moose at night just because they could.



Premier Brian Pallister responds to media after meeting with the Manitoba Islamic Association at the Grand Mosque in Winnipeg on Tuesday. JOHN WOODS/THE CANADIAN PRESS

"This is a poor practice. A dumb practice ... It should stop," Pallister told his audience.

"We're organizing to bring Indigenous people together and say the same thing I just said to ya, 'cause it's becoming a race war

and I don't want that."

Pallister's comments were widely condemned by Indigenous leaders and opposition parties. A Supreme Court ruling a decade ago upheld the Indigenous right to hunt at night, subject

to safety regulations.

Grand Chief Sheila North Wilson, who represents northern Manitoba First Nation communities, said Pallister's comments were hurtful.

She has asked for a meeting

with the premier.

"He should have met with Indigenous leaders beforehand — before launching this into a divisive issue," she said Tuesday.

Pallister said Indigenous leaders are among those who want night hunting restricted. Two men have been killed in recent years in night hunting accidents and livestock and buildings have inadvertently been hit by bullets as well, he said.

The Progressive Conservative government has said stepped-up enforcement of laws that ban the use of bright lights to hunt at night resulted in 44 charges in 2016.

It also said there have been 120 charges in the last five years for "night lighting" — using bright lights to hunt at night — and 77 per cent were against Indigenous people.

Pallister's news conference Tuesday was his first since the controversy over his Jan. 16 comments erupted. He has spent the last 11 days either travelling to and from or at his vacation home in Costa Rica, and was not in the province when six people were shot dead at a mosque in Quebec

City on Sunday.

"The fact that I was away, it hurts," said the premier, who added it's impossible to know when a tragedy will occur.

"I would like to be on the job all the time, but part of my responsibilities are to my family and I'm going to fulfil those responsibilities, too."

Pallister has been criticized for his plans to spend several weeks a year at his Costa Rica home. At first he said he would be in the Central American country between six and eight weeks annually, but has since changed his plans to about five weeks.

Pallister received a surprise visit at his vacation home last week by a reporter from Maclean's magazine, Nancy Macdonald, who quoted him as saying "young Indigenous men — a preponderance of them are offenders with criminal records — are going off shooting guns in the middle of the night."

Pallister said Tuesday he made no such comment and the reporter did not appear to have a recording device or a notepad while he talked with her.

THE CANADIAN PRESS

HEARING

Man who beheaded Greyhound bus passenger seeking discharge

The mother of a man beheaded by a fellow bus passenger in Manitoba says her son's killer is seeking an absolute discharge nine years after he was found not criminally responsible.

Carol de Delley says she has been told by justice officials that Vince Li — who now goes by the name Will Baker — will ask the Criminal Code Review Board for a discharge at a hearing Feb. 6.

In a social media post, de Delley says that means no conviction will be registered and he won't be required to follow any conditions.

Baker killed Tim McLean during a bus trip along the Trans-Canada Highway near Portage la Prairie in July 2008.

He was found to be not criminally responsible due to a mental illness — schizophrenia.

At his last review board hearing, Baker was granted the right to live on his own but would be subject to monitoring and random drug tests.

Baker was originally kept in a secure wing at the Sellkirk Mental Health Centre, but the board has granted him increasing freedoms almost every year.

His medical team has said he has been a model patient and understands the need to continue to take anti-psychotic medication.

De Delley says a discharge is "the lowest level adult sentence that an offender can get."

"If an offender gets an absolute discharge ... the offender is finished with their case that day," she wrote. "Go ahead, talk amongst yourselves."

The Supreme Court of Canada ruled in 1999 that a review board must order an absolute discharge if the accused doesn't pose a sig-

nificant threat to public safety. The ruling added there must be clear evidence of a significant risk to the public for the review board to continue imposing conditions on the accused after the person is found not criminally responsible.

Baker sat next to the 22-year-old McLean on the bus after the young man smiled at him and asked how he was doing. Baker said he heard the voice of God telling him to kill the young carnival worker or "die immediately."

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Vince Li, now known as Will Baker. JOHN WOODS/THE CANADIAN PRESS

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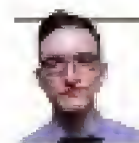
I TOOK THIS PHOTO AT LONSDALE QUAY, NORTH VANCOUVER, B.C., SEEING DOWNTOWN VANCOUVER ON CHRISTMAS DAY, 1987. I WAS THERE WITH MY HUSBAND ON OUR HONEYMOON, AND WE WENT BACK TO JAPAN THE NEXT DAY WITHOUT EXPECTING WE WOULD COME TO CANADA 24 YEARS LATER. **MAYUMI HIGUCHI, VANCOUVER**

SEND US YOUR POSTCARD Each day until July 1, Metro will feature one reader's postcard in our editions across the county, on Metronews.ca and our 150postcards Instagram page. You can get involved by sending us a photo of your favourite place in Canada along with 25 to 50 words about why that place is special to you. You can email us at scene@metronews.ca or post to Instagram or Twitter with the hashtag #150postcards.

Curtains for daring Othello production

ALBERTA

Threats follow casting of white woman in lead, theatre says



Kevin Maimann
Metro | Edmonton

An actress who was slated to play Othello in a controversial Edmonton theatre production has apologized after the show was cancelled.

Walterdale Theatre announced late Monday that it was cancelling the production, nine days before its opening date, after actors were threatened over the casting of a white woman in the lead role.

The role, that of a powerful Moorish general of the Venetian army, is traditionally played by a man of colour.

Linette Smith posted to Facebook later Tuesday that she made a mistake by accepting the role.

"I am so sorry and I own it 100%. I did not think through



Walterdale Theatre says it received threats over the casting of a white woman, Linette J. Smith, in the title role. SUPPLIED

in the accepting of Othello and the impact and pain it would cause," she wrote, adding her choice set a bad example and she is grateful for the conversation that has happened as a result of the controversy.

"I pledge to do better, to grow and heighten my awareness and sensitivity and understanding of privilege," she wrote.

Walterdale's production of the 400-year-old play was slated for an 11-day run starting Feb. 8 and was billed as a "gender-bending" take on a classic that was equal parts

"classical excellence, Mad Max and David Bowie."

Adam Kuss, president of Walterdale Theatre's board of directors, said in a statement that the decision to cancel Othello was "heart-breaking" but added, "We can't continue with a production where the safety of members of our cast has been threatened."

Edmonton Police Service spokesman Scott Pattison said an individual from the Walterdale Theatre who allegedly received online threats met with an EPS constable Tuesday afternoon but chose not to file a formal complaint.

SEX ASSAULT CASE

Accused acquitted in retrial

A man who was tried for a second time after a judge made controversial comments at the original trial has again been found not guilty of sexual assault.

Alexander Wagar, 29, smiled after the verdict Tuesday and yelled "yeah" as he left the Calgary courtroom.

Wagar was acquitted in 2014 by Judge Robin Camp, who ruled Wagar was a more credible witness than the 19-year-old woman making the allegation. Camp called the woman "the accused" throughout that trial and asked her why she couldn't keep her knees together.

The Alberta Court of Appeal overturned the acquittal and ordered a new trial.

The judge hearing the retrial, Justice Gerry LeGrandeur, said after considering the testimony of both the woman and the accused, he was left with reasonable doubt that a sexual assault happened.

LeGrandeur said the case has drawn a lot of public interest and sympathy, but the Crown had not proven the charge.

He said the complainant continually said she didn't remember events and that "raises a serious credibility issue."

LeGrandeur said Wagar, on the other hand, was candid and the judge did not consider his testimony to be "incredible or implausible."

Camp is now a Federal Court judge and the Canadian Judicial Council is deciding whether to recommend he be removed from the bench.

Wagar's lawyer said in his closing arguments that there was evasiveness in the complainant's testimony. Pat Flynn called it a "consensual sex act between two young adults" and it was only afterward that the woman changed her mind.

"To be honest with the court, this is almost a buyer's remorse type of situation."

Crown prosecutor Janice Walsh said the defence brought forward an outdated version of a "woman scorned."

"That rape myth and stereotype — a woman who has engaged in sexual conduct would then become a vengeful or vindictive liar," she said in her closing arguments.

THE CANADIAN PRESS



To be honest with the court, this is almost a buyer's remorse type of situation.

Pat Flynn

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Muslims struggle with shock

QUEBEC CITY

Families of victims relying on charitable donations

Ahmed Ech-Chahedy was standing about 30 metres away when the gunfire started.

The man carried an "assault rifle," he said. He took his time. And his face was not covered — contrary to early reports, he said in an interview.

Ech-Chahedy, a taekwondo instructor, was with his son and one of the boy's friends, when the shooter entered the mosque.

"If I think about it, it probably lasted five or six minutes," said Ech-Chahedy, who managed to flee the building and shelter in a nearby restaurant. "It was planned because even the way he fired at people—he was calm."

Police investigating the terror attack at a Quebec City mosque have received witness accounts that an individual matching the description of the shooter was seen outside the building several days prior to the shooting.



Azzedine Najd and Fadwa Achmaoui stand by a memorial near their mosque which was site of a deadly shooting on Tuesday in Quebec City. THE CANADIAN PRESS

Mohamed Labidi, the vice president of the Centre Culturel Islamique de Québec, told Torstar that, during a Monday night meeting, one member of the Muslim community claimed to have been approached a few days earlier by an individual who was asking for money.

Labidi said they claimed that

the person was in fact the alleged killer, 27-year-old Alexandre Bissonnette, who is charged with six counts of murder and five counts of attempted murder.

The consequences of the shooter's actions are known now to all: Six men are dead while two more remain in hospital in critical but stable con-

dition.

But a Muslim community that is still struggling with shock and grief is also now being forced to cope with the administration of a murderous tragedy that has widowed and orphaned women and children and ripped apart families and friendships.

So far, the families of the dead

are relying on charitable donations from organizations like Islamic Relief, which sent a team of people from Montreal and the Toronto area to assess the needs and coordinate delivery of the necessary support.

In a six-storey apartment building a short drive from the mosque where Ibrahima Barry, 39, and Mamadou Tanou Barry, 42, had gone together to pray, the halls of the fifth and sixth floors were strewn with boots and crowded with women bringing food and men making telephone calls and offering handshakes of condolence.

Among them was Maunoudou Afia Barry, the older brother of Mamadou Tanou, who had just arrived in town from his home in Columbus, Ohio, and was being briefed on what help and arrangements the Guinean community in Quebec City had already offered and what else was available.

"The decision we have to make is whether to take his body back (to Guinea) or have the funeral here, since his mom is here and his wife and kids are here," he said. "That's what we are trying to figure out right now." TORSTAR NEWS SERVICE

Fox News slammed for tweet on Quebec

One of Prime Minister Justin Trudeau's senior officials is taking Fox News to task for describing the alleged gunman in the Quebec City shooting as Moroccan.

Kate Purchase, director of communications in the Prime Minister's Office, pointed out the "false and misleading language" in a letter to Fox News Channel co-president Bill Shine that was released to the media Tuesday.

"Canada is an open, welcoming country that stands by its citizens," Purchase wrote in the letter, which goes well beyond simply asking for a correction.

"We are a nation of millions of immigrants and refugees, of hundreds of cultures, languages and religions bound by one, unwavering, unshakable belief: we are stronger not in spite of our differences, but because of them."

"These tweets by Fox News dishonour the memory of the six victims and their families by spreading misinformation, playing identity politics, and perpetuating fear and division within our communities."

The tweet appeared to be a consequence of early police reports in the wake of the shooting that said two suspects had been taken into custody. Later reports said one of those people was not a suspect, but a witness.

Purchase noted the tweet appeared early Monday afternoon, but has yet to be deleted despite the fact police have confirmed that the sole suspect, Alexandre Bissonnette, is a 27-year-old man of French-Canadian origin.

By early Tuesday evening, the tweet had been retweeted more than 900 times, and liked about 1,600 times. It also had about 7,200 replies, many of them pointing out the inaccuracy and calling for a correction.

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Parliament debates Trump's Muslim ban

The Liberal government is holding the line on its immigration and refugee policy in the wake of the U.S. travel ban, but leaving the door open to future adjustments as they continue to study the far-reaching - and fast-changing - implications.

"We have a very robust and welcoming refugee system," Immigration Minister Ahmed Hussein said Tuesday.

"We don't develop policy on the fly. We have to make sure that we understand all the implications, to make sure that we stick to our numbers and make sure that we develop policy after careful consideration of all the implications."

The Liberal cabinet minister was responding to calls - including from the New Democrats - to do more to fill the gaps left by U.S. President Donald Trump's temporary immigration ban on people from seven Muslim-majority countries and his indefinite bar to Syrian refugees.

"Canada must step up to do its part," said NDP immigration critic Jenny Kwan. "There is much more that Canada can do and must do."

At Kwan's request, MPs held an emergency debate Tuesday evening on the U.S. travel ban and how Canada should respond.

In the debate, NDP Leader Tom Mulcair urged the government to



NDP Leader Tom Mulcair
THE CANADIAN PRESS

lift an "artificial, arbitrary" cap on the number of Syrian refugees who can be brought to Canada through private sponsorships, which is currently set at 1,000 applications — a target that was reached over the weekend.

"A cap such as this one, especially when the United States has banned admission to Syrian refugees for an indeterminate time is completely unacceptable and goes against the international law that has been advocated since the Second World War," Mulcair said.

In a weekend tweet that was seen as a thinly veiled response to Trump's measures, Prime Minister Justin Trudeau promoted Canada as a country that welcomes refugees, no matter their religion, and considers the diversity of its people to be a strength.

THE CANADIAN PRESS

IN BRIEF

Amnesty calls for action

Amnesty Canada has joined the chorus of activists asking the federal government to repeal its Safe Third Country Agreement with the U.S. in light of an executive order banning travel from seven Muslim countries. "The United States is failing to protect refugees," says a statement on Amnesty's website. The organization is asking supporters to reach out to their MPs and express their views. METRO

Europe calls U.S. a 'threat'

POLITICS

EU chief groups its ally with Russia and China

The leader of the European Union put longtime ally the United States in a "threat" category on Tuesday, insisting that President Donald Trump is contributing to the "highly unpredictable" outlook for the bloc.

In a letter to 27 EU leaders before Friday's summit in Malta, EU President Donald Tusk mentioned the Trump administration as part of an external "threat" together with China, Russia, radical Islam, war and terror.

Echoing statements from many European capitals, he said that those global challenges, "as well as worrying declarations by the new American administration, all make our future highly unpredictable."

He said that "particularly the change in Washington puts the European Union in a difficult situation; with the new administration seeming to put into



E.U. President Donald Tusk, right, said the Trump administration is part of an external "threat," together with China, Russia, radical Islam, war and terror. THE ASSOCIATED PRESS/GETTY IMAGES



question the last 70 years of American foreign policy."

This year marks the centennial of the U.S. entry in the First World War, and it marked the beginning of the American century as well as the enduring trans-Atlantic bond with Europe. Tensions have risen though since Trump was elected U.S. president.

"We should remind our American friends of their own motto: United we stand, divided we fall," Tusk said in the letter.

Britain wasn't part of the letter since it is poised to leave the EU and is only scheduled to attend part of the leaders' meeting in La Valletta. The decision to leave was the biggest setback for the EU in decades,

and Trump didn't endear himself with many EU leaders by saying that Brexit "will be a tremendous asset and not a tremendous liability."

"In politics, the argument of dignity must not be overused," Tusk wrote. "Today we must stand up very clearly for our dignity, the dignity of a united Europe." THE ASSOCIATED PRESS

Trump announces Supreme Court pick

President Donald Trump nominated Neil Gorsuch, a fast-rising conservative judge with a writer's flair, to the Supreme Court Tuesday night, setting up a fierce fight with Democrats over a jurist who could shape America's legal landscape for decades to come.

At 49, Gorsuch is the youngest Supreme Court nominee in a quarter-century. He's known on the Denver-based 10th Circuit Court of Appeals for clear, colloquial writing, advocacy for court review of government regulations, defence of religious freedom and skepticism toward law enforcement.

"Judge Gorsuch has outstanding legal skills, a brilliant mind, tremendous discipline and has earned bipartisan support," Trump declared, announcing the nomination in his first televised prime-time address from the White House.



Neil Gorsuch during a televised address with President Trump on Tuesday. THE ASSOCIATED PRESS

Gorsuch thanked Trump for entrusting him with "a most solemn assignment." Outlining his legal philosophy, he said: "It is the rule of judges to apply, not alter, the work of the people's representatives. A judge who likes every outcome he reaches is very likely a bad judge."

THE ASSOCIATED PRESS

ACADEMIA

University professors speak out against Muslim ban

More than 4,000 university professors, administrators and researchers have signed a petition to boycott

international academic conferences in the U.S. to show solidarity with Muslim colleagues affected by U.S. President Donald Trump's travel ban. THE ASSOCIATED PRESS

RECIPE TIME

Beef Pot Pie

- 1 pound Ground beef
- 2 large Carrot, chopped
- 2 large Parsnips chopped
- 3 stalks Celery, chopped
- 1 small can of Corn, drained
- 1 Onion diced

- 1 Potato cubed
- 1 can Cream of Mushroom soup
- 1 cup milk
- 1 teaspoon parsley
- 1/2 teaspoon garlic
- Salt and pepper to taste

- 1 medium egg
- 1 tablespoon corn starch
- 1 sheet ready to bake rolled dough pie crust, thawed of frozen

In a medium soup pot boil washed and peeled potatoes. In a separate pan cook beef until browned. On medium heat melt butter and fry onions, carrots, parsnips, and celery with beef. 5-10 minutes before adding corn. When potatoes are done boiling, drain and return to potato pot adding the beef and vegetable mixture. Add mushroom soup, milk and spices, mix thoroughly after adding corn starch and leave on low heat until slightly thickened. Spoon mixture into pie shell and add the top layer of dough, pressing to seal the edges and finally coating that with a light egg wash and cutting a small hole in the middle. Place into oven for 30-40 min until golden brown and leave sit 15-20 minutes to set after removing from heat.

Note: You can also make these in individual serving size using muffin tins and adjusting baking time.



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STEP UP



Feeling helpless? Don't stand by, step up. Here's the **Metro guide** to fighting Islamophobia and anti-refugee sentiment in your community.

MARCH

There are two **solidarity demonstrations** at the U.S. Consulate on Friday. The first will be during the day, at noon, while the other will be at 6:30 p.m.

SIGN

The **Canadian Civil Liberties Association** has drafted a script people can use to ask their MP to act regarding the recent U.S. travel ban. Specific demands include increasing the number of refugees accepted by Canada this year and suspending the Canada-U.S. Safe Third Country Agreement. You can find it at ccla.org.

JOIN

Another great way to take action is to **invest your time**. There are plenty of community and non-profit groups that are working to end Islamophobia and racism, some which have been toiling away for years and others that have sprung up in response to recent waves of hate.

The **Immigrant and Refugee Community Organization of Manitoba** (IRCOM), is a non-profit group that provides transitional housing for newcomers. They're accepting volunteers for child care, youth programs and homework tutors at ircom.ca.

MEET

Get out of your comfort zone, expand your social network and try to reach out to people who don't look like you or share your views. You can start by introducing yourself to someone at a march, if you choose to attend.

SUPPORT

Many local organizations depend on donations to support refugees and newcomers. One choice is the **Manitoba Interfaith Immigration Council**, the province's largest refugee settlement agency, at miic.ca

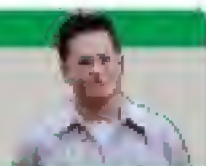


GOT AN IDEA?

Metro's on the hunt for stories about the ways people are taking action and waging love to fight the political climate of hate. Tweet us with the hashtag **#WageLove** or email angela.mullins@metronews.ca.

Most of your Trump jokes are seriously unfunny

David Berry



Among the cries of anguish and howls of outrage that have greeted Donald Trump's first, horrific week in office, there is still a persistent and pernicious sound emanating from his opposition: a haughty snicker. It is working to stead-

ily undermine the edifices that are being built against policy pronouncements that have ranged from hideously short-sighted to openly opposed to the very spirit of free democratic society.

The giggle is unmistakable precisely because it was ever-present in the 18 months it took for Trump to go from laughingstock to leader of the free world (if we can still properly call it that, by the time

he's done). It was the sound of "Drumpf" and every bad bar-room impersonation, the snide chuckle that followed every mention of his ridiculous hair or allegiance to Omarosa.

If Trump's election, the very thing that seemed so laughable, choked it for a while, the complacency that has attended his actual ascent has allowed it to sneak back in. It came as a rising chuckle that he couldn't even get a Bruce Springsteen

tribute band to play at his inauguration party. It sounded like a sharp snort as we shared side-by-side photos of his and Obama's swearing-in ceremonies. It sputtered up when we suggest he needed to hold Theresa May's hand because of his supposed fear of stairs.

These weak stabs at humour are not satire, an attempt to cast Trump in dark relief to reveal some underlying truth. They are its exact opposite: a

fearful response to the reality of his stature, a blind hope that we might reduce it with a cutting remark. They replace a raised fist or finger with side-eye, something that might help the enlightened recognize and congratulate one another on their good taste.

The best that could be said about this tendency is it's a coping mechanism: We would rather feel above-it-all than angry or drowning in despair.

Politics are not a roast battle, least of all when the pillars of our liberal democratic political order are being sledgehammered. It might give you a momentary thrill to mock the hand size of the man doing the swinging. But however good your bon mots may make you feel, they haven't yet encouraged him to stop.

David Berry is a humour writer and cultural critic.





Don't fear the kitchen

RECIPES

These simple dishes can get all new chefs up and cooking

Ceri Marsh & Laura Keogh
For Metro Canada



If you've never learned to cook beyond opening a can, fear not. We're here with some easy recipes everyone needs in their back pocket to get started. Now all you need to do is put some music on, pour yourself a glass of wine and get cooking.

Pasta

It's impossible to build a cooking rolodex (does anyone still have a rolodex?) without a kick-ass pasta dish. Here is that dish.

Aside from the joy a bowl of pasta brings to a belly, most dishes are easy to prepare since many noodles cook up quicker than it takes to wait for the water to boil. Also, pasta is a great foundation for any kind of flavour profile and is a complete meal in itself.

We love this **Creamy Pea Tagliatelle** for its breezy but impressive sauce.

Makes: 4 servings; **Prep time:** 10 minutes; **Cook time:** 20 minutes.

Ingredients:

- 500 g tagliatelle pasta
- 2 cups frozen peas
- 1 Tbsp olive oil
- 1 onion, diced
- 3 cloves garlic, chopped
- 1 cup creme fraiche
- 3 tsp chopped chives or flat-leaf parsley

Directions:

1. Cook the tagliatelle according to package directions. In the last minute of the pasta cooking process, drop the peas into the water. Drain both the pasta and peas.

2. Meanwhile, in a large skillet, heat the oil and sauté the onion and garlic for 5 minutes until fragrant. Stir in the creme fraiche. Add the pasta and peas, folding them with tongs to coat the pasta with the sauce. Sprinkle with chopped chives or flat-leaf parsley and serve.



There's no need to feel intimidated by any of these three simple and scrumptious dishes to get beginners cooking: (clockwise from top) **Chinese 5-Spice Chicken Tray Bake**, **Creamy Pea Tagliatelle** and **Broccoli and Cheese Soup**. PHOTOS: MAYA VISNYEI

Chicken

There's a reason chicken dishes are the most searched recipes on food websites. As proteins go, they're a great canvas for flavours and easy to prepare.

This **Chinese 5-Spice Chicken Tray Bake** uses less-expensive thighs for budget-sensitive novices, and it features a cooking method ideal for new chefs — tray baking.

Allowing all your meal's ingredients to cook on the same baking sheet not only makes meal prep easier but, frankly, is a smart way to cook.

Makes: 4 servings; **Prep time:** 1 hour; **Cook time:** 20 minutes.

Ingredients:

- 3 Tbsp olive oil, plus extra for onions
- 4 to 5 garlic cloves, pressed
- 1 Tbsp rice vinegar
- 1 Tbsp brown sugar
- 1 tsp Chinese 5-spice
- 1/2 tsp salt
- 6 large skinless, boneless chicken thighs
- 2 onions, peeled and sliced
- 1 tsp fresh chopped cilantro

Directions:

1. Combine olive oil, garlic, rice vinegar, brown sugar, 5-spice and salt in a large resealable plastic bag. Add chicken thighs; seal and coat chicken with sauce. Chill at least 1 hour or overnight.

2. Preheat oven to 400. Slice and coat onion in a bit of olive oil. Spray baking sheet with non-stick cooking spray. Scatter onion slices on baking sheet.

3. Remove chicken from re-

frigerator and arrange on top of onion. Roast until chicken is cooked through, about 20 minutes.

4. Remove tray from oven and let cool for a few minutes. Sprinkle chicken and onion with cilantro and serve warm.

Soup

Let's be honest, you can't live in Canada and not have a soup dish you can call your own. And, yes, you should definitely take credit for this easy **Broccoli and Cheese Soup**.

SPICE RACK

Making delicious meals is simpler when you have a small but potent spice rack. Here's what you need beyond good old S&P.

- Chili Powder
- Cumin
- Cinnamon
- Curry Blend
- Dried Bay Leaves
- Dried Oregano



In addition to travelling well for lunches or snacks, soups use up lots of leftovers and can handle any amount of vegetables you can jam into them.

Plus, like this one, they only benefit from the addition of cheese.

Makes 4 servings; Prep time: 10 minutes; **Cook time:** 25 minutes.

Ingredients:

- 4 cups broccoli florets and stem (cut off tough ends) chopped fairly small
- 1 onion chopped
- 2 cups chopped, potato
- 2 cloves garlic minced
- 1 glug olive oil
- 4 cups stock (vegetable or chicken, low sodium)
- 1 1/2 cups milk
- 1 cup grated cheddar
- 1/4 cup grated Parmesan salt and pepper to taste

Directions:

1. Sauté onion and garlic in a Dutch oven or other large, heavy-bottomed pot for about 5 minutes until soft.

2. Add vegetables and stock and allow to simmer for about 20 minutes until the vegetables are tender.

3. In small batches, ladle the broth and vegetables into your blender and puree. Pour each batch into a bowl as you go. Pour the puree back into your pot.

4. Over medium heat add milk and cheese and stir until the cheese melts. Add salt and pepper to taste.

Call for ban on adverts to battle childhood obesity

INDUSTRY CRITICISM

New report wants federal help in fight to limit marketing

In an effort to combat the rising tide of childhood obesity and promote healthier eating, the Heart and Stroke Foundation is calling on the federal government to pass legislation restricting food and beverage marketing to children.

"Given experts' prediction that today's children may be the first generation to have poorer health and shorter lifespans than their parents, we need to be bold," writes Diego Marchese, interim CEO and executive vice-president of Heart and Stroke, in the 2017 Report on the Health of Canadians released Wednesday.

Obesity rates in Canadian children have tripled since 1979 — one in three kids are now overweight or obese — putting them at greater risk for developing health problems such as heart disease, stroke, high blood pressure and diabetes, the report notes. It argues that restrictions on marketing to those under 16 would protect children, support parents and level the playing field for industry.

Industry's efforts over the past decade to self-regulate, through the Canadian Children's Food and Beverage Advertising Initiative, have been "a failure," says the report. "As long as regulation is optional, the playing field is not even. Even if the criteria were strong, companies that comply and put children's health first would be at a competitive disadvantage."

Calls for regulations have been made before. Heart and Stroke is part of the Stop Marketing to Kids Coalition started in 2014, which is made up of 11 non-governmental organ-



Children and teens are bombarded with ads for restaurants, cakes, cookies, cereal, ice cream and much more. ISTOCK

izations, including Toronto Public Health.

And Prime Minister Justin Trudeau, in his 2015 mandate letter to Minister of Health Jane Philpott, said he expects her to promote public health by "introducing new restrictions on the commercial marketing of unhealthy food and beverages to children, similar to those now in place in Quebec."

The report also highlights Quebec, which has the highest vegetable and fruit intake among Canadian children and the lowest obesity rate among those aged 6 to 11. Legislation introduced there in 1980 banned commercial ads of goods and services to kids under age 13.

For its report, the foundation commissioned Monique Potvin Kent, an expert in food and beverage marketing to children. She reviewed the digital ads shown over a year on the top 10 websites aimed at children between the ages

2 and 11, and youth aged 12 to 17. Her research shows that more than 90 per cent of on-line food and beverage ads seen by children and teens are for unhealthy items high in fat, sodium or sugar. Children and teens are bombarded with ads for restaurants, cakes, cookies, ice cream, cereal and sugar-sweetened beverages.

"There are many ads on TV directed at kids and it's even higher for teens, but there are only so many spots available, there is a limit," writes Potvin Kent, who is an assistant professor in the University of Ottawa's School of Epidemiology, Public Health and Preventive Medicine. "On the Internet, there are absolutely no limits."

Also included in the report was a survey of 2,401 Canadian adults interviewed online by Pollara Strategic Insights. It found that 70 per cent feel children are exposed to too many ads by the food and beverage industry, and 71 per cent

25 million

The study found children between the ages of 2 and 11 see 25 million food and beverage ads, on their 10 favourite websites in a year.

think industry has an unfair advantage over parents when it comes to influencing what kids consume due to how much money it spends on ads.

David Ma, an associate professor at the University of Guelph's department of Human Health and Nutritional Sciences, welcomes the initiative. But, he adds, "There's no magic bullet."

"If (legislation) were implemented, obesity wouldn't go away overnight," Ma said. "If enacted, this would be one part of an overall strategy that we need to implement."

TORSTAR NEWS SERVICE



JOHANNA SCHNELLER
WHAT I'M WATCHING



The actions of Mary (Caroline Dhavernas, right) imperils her relationship with daughter Jess (Abigail Winter). CONTRIBUTED

The vibe around Mary is what's really killing it

THE SHOW: *Mary Kills People*, Season 1, Episode 2
THE MOMENT: The stoop

Dr. Mary Harris (Caroline Dhavernas) secretly euthanizes terminal patients. Her quietly smart teenage daughter Jess (Abigail Winter) and Jess's minxy bestie Naomi (Katie Douglas) found a stash of Mary's drugs. Naomi tried some. Jess, who loves Naomi more than platonically, didn't like that. Now they're sitting side by side on a stoop.

"I hate when you're mad at me," Naomi says, snuggling against Jess. "Where'd you go last night?"

"I left because I hate watching you be a train wreck," Jess replies.

"The cocaine wasn't even that good," Naomi says. "Feel my heart." She puts Jess's hand on her chest and holds it there. Jess tries to hide her trembling.

Jess promises not to rat out Naomi if Naomi stops doing drugs. "You sound like your mom," Naomi says. "She knows about this?" Jess asks.

"Oh, yeah," Naomi says. "She totally covered for me, too."

What prevents the plot of this six-part miniseries from becoming repetitive — patients want to die so Mary kills them — is how imperiled Mary's relationships are by her actions. The vibe between these two characters is especially fascinating, thanks to the nuanced dance Winter and Douglas are doing.

Naomi = Trouble and it's not easy to play that without falling into clichés. But Douglas knows exactly when to make eye contact or touch Winter, and when to look or pull away. She draws her in with sincerity, then dominates her with her superior coolness. And that last little touch: undermining Jess's trust in her mother, before flouncing off to breakfast? Perfect.

Mary Kills People airs Wednesdays at 9 p.m. on Global.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

COUNTER SUIT

Claims of Depp's lavish lifestyle laid out in court

Johnny Depp's former business managers countersued the actor on Tuesday claiming his lavish lifestyle that cost more than \$2 million a month to maintain caused his recent financial troubles and that the star ignored their repeated warnings.

The countersuit filed in Los Angeles Superior Court by The Management Group

comes about two weeks after Depp sued the company alleging it grossly mismanaged his earnings.

The lawsuit said Depp paid more than \$75 million to buy and maintain 14 homes, including a French chateau and a chain of islands in the Bahamas.

Depp also spent heavily to buy a 150-foot yacht, fly on

private jets and cultivate collections of fine art and Hollywood memorabilia requiring 12 storage facilities to maintain, the lawsuit said.

Depp was repeatedly warned by the company that his spending was out of control but ignored his former advisors' advice to control his spending, the lawsuit said.

"Depp, and Depp alone, is

fully responsible for any financial turmoil he finds himself in today," the lawsuit stated.

Depp sued The Management Group on Jan. 13 seeking more than \$25 million he contends was mismanaged.

The company handled his finances from 1999 until early 2016, an especially lucrative period in the actor's career.

During that time, Depp

launched the blockbuster "Pirates of the Caribbean" franchise and other big-budget releases, including "Alice in Wonderland" and the 2005 film "Charlie and the Chocolate Factory."

Depp's attorneys did not immediately respond to email and phone messages seeking comment.

THE ASSOCIATED PRESS



Johnny Depp is suing his former managers. GETTY IMAGES

ROSE REISMAN THE SAVVY EATER

THIS WEEK: A national staple that needs to be taken in moderation

A small dessert can be a heavy hitter when it comes to calories, fat and sugar.

PICK THIS

Annette's Glazed Donuts (1 donut)

Calories 190
Fat 8g
Saturated Fat 3.5g
Sugar 9g



SKIP THIS

Farmer's Market Pecan Butter Tarts (1 tart)

Calories 360
Fat 17g
Saturated Fat 6g
Sugar 24g



HERE'S WHY



Equivalent in calories to a Wendy's Ultimate Chicken Grill Sandwich.

Butter tarts are a Canadian staple. The buttery, flaky crusts made predominately with shortening (which consists of palm oil and margarine), sugar and corn syrup give these petite desserts their nutritional weight. You can save half the calories, fat and saturated fat, as well as almost 2/3 of the sugar, by having a simple mini glazed donut that's made with less oil and sugar.

LIQUID ASSETS PETER ROCKWELL



From niche to Masters of Canada's whisky universe

ing a bottle of the award winner will be challenging.

Like many artisan spirits Masterson's is produced in small batches. In broad terms a batch to a whisky is what a vintage is to a wine. Though the name remains the same for both, the flavour profile will vary depending on the harvest for wine and distillation run for whisky.

Though the bottle I tried was from batch 001 (a winner in my book) it was batch PSA3-0035 you'll want to look for. That was the liquid that won Masterson's the prize.

Prices reflect the range across the country. Some products may not be available in all provinces.

While it's an honour to be nominated, winning is a lot more fun. By the looks of the pictures posted after the Canadian Whisky Awards in B.C. last week the makers of Masterson's 10 Years Old Straight Rye (\$85.61-\$105.70) would agree.

Named 2017's Canadian Whisky of the Year, Masterson's has gone from boutique tipple to the most sought-after spirit in the country virtually overnight. That's not the reason why find-



BOWLED OVER

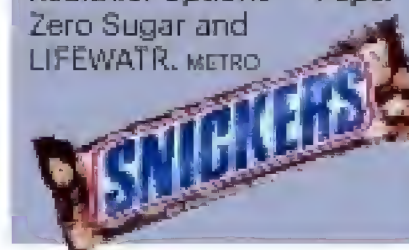
Snickers spend big on live Super Bowl advertisement

With 30 seconds of airtime setting you back a cool \$5 million, it's little surprise that food giants are again going toe-to-toe in their annual Super Bowl commercial arms race.

Snickers have annually been one of the best at getting the most bang for their buck with Betty White and Willem Dafoe fronting viral hits. They are again trying to raise the bar Sunday with the game's first ever live ad.

While Snickers are doing their best to keep the wrappers on until game time, we do know it will star Force Awakens bad guy Adam Driver, a horse and a dead cowboy.

Skittles, Buffalo Wild Wings and Avocados From Mexico have also spent big. Meanwhile as flagship sponsors of Lady Gaga's halftime show, Pepsi will be pushing two of their healthier options — Pepsi Zero Sugar and LIFEWATER. METRO



SEAFOOD

Lobster restocking plan gets cold reception from fishermen

Some lobster fishermen expressed skepticism Tuesday about a plan to try to revive the dwindling southern New England lobster stock through new fishing restrictions.

Lobster fishing in the U.S. is ex-

periencing a boom that has lasted several years, and prices have also been high. But the population of the species has diminished in the waters off southern Massachusetts, Rhode Island, Connecticut and Long Island, New

York, where it was once plentiful.

The Atlantic States Marine Fisheries Commission is considering a host of options to try to rejuvenate the region's lobster stock, which scientists have said is falling victim to rising ocean

temperatures. An arm of the commission voted Tuesday to send the options out for public comment.

Fishermen and fishing groups at the meeting said it might not make sense to restrict fishing

when the environment itself is what's hurting the lobster population.

George Dahl, a spokesman for the Long Island Sound Lobstermen's Association, asked: "What good is it to penalize the fisher-

men with more restrictions if the environmental conditions are not good enough for the lobster population to survive?"

The regulators could pick new restrictions for the fishery by May. THE ASSOCIATED PRESS

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REVIEW

Bolt a fairly affordable entrance to the EV market



Dan Ilika
AutoGuide.com

Don't let the popularity of the Tesla Model S fool you: Electric vehicles aren't selling as well as perhaps they should be.

Get past range anxiety and long charging times, and the astronomical upfront cost of EV ownership is no doubt keeping plenty of potential buyers away. Automakers know this all too well, and a handful are working on electrified solutions that fit the needs — and budgets — of the masses. And the first of this new class of relatively affordable, everyday-friendly EVs to hit the market is the 2017 Chevrolet Bolt. Aside from its confounding name — conversations about the car invariably include descriptors like “that’s Bolt with a ‘B’” for clarity’s sake — the Bolt joins the alternative fuel fray with little doubt about its electric origins.

Because unlike the Volt, which features a gas engine (it doesn’t send power to the wheels directly but essentially recharges the battery pack on the fly), the Bolt is powered purely by electrons.

The 60-kilowatt-hour battery pack, a lithium-ion unit, spans the entire length of the car’s cabin and can be plugged into Levels I, II or III charging stations. Using the former means

long charging times, while the latter, known as DC Fast Charging, can top the battery up with 145 kilometres of range in about 30 minutes, or juice it up completely in about two hours.

Topping the battery up completely using a Level II charger, meanwhile, takes a little less than 10 hours and provides an estimated range of 383 kilometres.

Departing Menlo Park, Calif., with a fully charged battery our tester was more than fit for an extended tour of the rain-soaked San Francisco Bay Area. With a roundabout journey spanning about 160 km on the day’s docket, battery life was of little concern.

With the instant torque provided by the electric powertrain, the Bolt offered impressive acceleration — a useful tool not for racing along city streets, but rather when passing and merging.

The electrified gusto did, however, combine well with the Bolt’s responsive ride, a product of wheels that sit as near as possible to the corners, and low centre of gravity, created by the battery pack, to have a little bit of fun when called upon.

The battery pack’s low positioning in the car isn’t always smile-inducing, though. Tipping the scales at 435 kilograms, it creates a weight imbalance in the Bolt that can lead to a see-sawing effect over uneven pavement, something that became quickly evident on the Bay Area’s roly-poly highways.

It’s definitely not a deal-breaker, but does take some getting used to — particularly for those who are new to electric vehicles.

THE CHECKLIST | 2017 CHEVROLET BOLT REVIEW

THE BASICS

Motor: Single motor drive unit
Output: 200 hp, 268 lb-ft
Transmission: Fixed ratio
Battery Size: 60 kWh
Estimated Range: 383 kilometres
Price: Starts at \$42,795 (before available incentives)



LOVE IT

- Silky smooth acceleration
- Relative lack of range anxiety
- Bright and open cabin

LEAVE IT

- Jarring regenerative brakes
- Cost of active safety options

SUV

What we know about the 2019 Ford Explorer so far

Ford is working hard on the next generation of its popular Explorer SUV.

When it comes to mid-sized SUVs, none sells better than the Ford Explorer in the U.S. — and for good reason. The popular seven-seater has been a staple in the American automaker’s lineup since the early 1990s and now the sixth-generation model is in development.

Although it will go on sale as a 2019 model year, there’s a bit we already know about the next-generation SUV as spy photographers have caught a

prototype testing.

It rides on a new platform

The 2019 Ford Explorer is expected to ride on a new platform called “D6.” Currently it’s underpinned by the D4 platform also found on the Ford Flex and Lincoln MKT, but look for the D6 to make an appearance in several of Ford’s models in the future. It’s believed that the new platform will take advantage of lightweight materials like aluminum, similar to what Ford did with its popular F-150 pickup. In addition, rumours suggest it can

be configured for front-, rear- and all-wheel drive, but don’t expect it to go rear-wheel drive.

It will likely lose its naturally aspirated V6 engine

Like the refreshed Ford Mustang, the automaker is expected to drop the naturally aspirated V6 engine from the Ford Explorer’s lineup. Look to see the 2.3-litre four cylinder and 3.5-litre V6 EcoBoost engines live on, with slight updates to enhance performance and fuel economy. The deletion of the naturally aspirated V6 will help boost

+ STATS

Sales

Last year, the Ford Explorer sold 248,507 units, making it the 14th overall best seller in the U.S.

the average fuel economy and emissions across the entire Explorer range.

Look for it to debut in late 2017 or early 2018

There’s a possibility Ford will

debut the 2019 Explorer at the 2017 L.A. Auto Show, but it’s more likely it will bow at the 2018 Detroit Auto Show.

Styling will be evolutionary rather than revolutionary

Although it’s still hard to see with the heavily camouflage concealing the prototype, the new Explorer won’t see any drastic styling changes.

The focus will be on using aluminum to shed weight, helping make it more fuel efficient as well as taking advantage of the new platform. Some would say

the fifth-generation model did enough to change the popular SUV’s styling that debuted as a 2011 model year.

It will continue to sell well

Last year, the Ford Explorer sold 248,507 units, making it the 14th overall best seller in the U.S. It’s a safe assumption that regardless of how Ford decides to style the Explorer, it will continue to sell well among the mid-size SUV segment, especially for shoppers looking for seven seats. Currently the model starts from \$35,039 including destination.

Jets retain upper hand on division foe

NHL

Road win helps Winnipeg improve to 3-0 vs. St. Louis

Mark Scheifele had a goal and an assist, Jacob Trouba scored a key third-period goal, and the Winnipeg Jets beat the St. Louis Blues 5-3 on Tuesday night.

Patrik Laine, Nikolaj Ehlers and Blake Wheeler also scored for the Jets, who improved to 12-4-1 within the Central Division and 3-0 against the Blues. Ondrej Pavelec made 24 saves.

Alexander Steen, Vladimir Tarasenko and Alex Pietrangolo scored for the Blues, who lost their fourth straight on home ice. Jake Allen made 19 saves.

Winnipeg opened a 4-2 lead on Trouba's fourth of the season 3:33 into the third. Trouba initially fanned on the shot but the puck went off of Pietrangolo's skate and into the net.

The bad bounce on Trouba's goal was another tough break for Allen, who made his first start since being pulled after allowing four goals on 10 shots on Jan. 19. He was replaced in each of his previous three starts, allowing 10 goals on 36 shots during that span.

Allen received sarcastic cheers from the crowd of 19,483 for routine saves throughout the game.



The Jets' Andrew Copp controls the puck against Alexander Steen of the Blues on Tuesday night in St. Louis. JEFF ROBERSON/THE ASSOCIATED PRESS

TUESDAY In St. Louis

5	3
JETS	BLUES

Steen put St. Louis in front just 3:37 into the game on a shot from the point. It was the first time St. Louis scored the opening goal on home ice since Dec. 15.

Scheifele tied it with 30 seconds left in the first on a

give-and-go with Blake Wheeler. It was Scheifele's second goal in two games, and Wheeler's assist gave him 20 points in his last 21 games.

Laine gave the Jets a 2-1 lead 22 seconds into the second period. Laine is on a seven-game point streak, and his 41 points leads all NHL rookies.

After Ehlers scored just seven seconds into Winnipeg's first power play, Tarasenko responded for the Blues with 52 seconds remaining in the second. It was

Tarasenko's fifth goal and ninth point in his last seven games against the Jets.

Jets forward Mathieu Perreault missed his third straight game after taking a slash from Anaheim's Corey Perry on Jan. 23.

The Jets will travel to Dallas to play the Stars on Thursday. Their current four-game road trip began with a 5-3 victory over the Chicago Blackhawks last Thursday and will end on Saturday against the Colorado Avalanche. THE ASSOCIATED PRESS

NFL

Kraft fires shots over Deflategate

Robert Kraft is pulling his punches over "Deflategate."

Well, some of them.

While the New England Patriots owner and once close confidant of NFL commissioner Roger Goodell wants to celebrate yet another trip to the Super Bowl this week, he also couldn't back down from a challenge Monday night to address the whole mess. So Kraft took a couple of shots during the Patriots' availability, yet also made sure not to temper the festive mood.

"Everybody wants to protect their family," Kraft said about the deflated footballs case from the 2014 AFC championship game that resulted in Tom Brady's four-game suspension, a \$1-million

fine for the franchise and the loss of its first-round draft pick in 2016.

"I think our family was involved, or accused of being involved, in something that was mishandled and became inappropriate. Sometimes in a complicated situation in business, people start pointing fingers, and we want to assure everyone that we are together."



There's a time and a place to talk about problems. I'm going to stay focused on being here.

Robert Kraft

Kraft then cited a Hebrew saying from the Old Testament.

"When tough times come," he translated, "there's nothing bad that happens that doesn't have good associated with it."

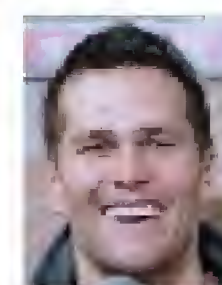
"In a way, that galvanized our team." THE ASSOCIATED PRESS

Pats appear headed for Mexican detour

Tom Brady is planning a trip to Mexico this year. To play football.

Although the NFL has yet to announce the game — commissioner Roger Goodell might do so on Wednesday at his annual Super Bowl news conference — Brady spoke openly Tuesday about his New England Patriots playing in Mexico City next season.

The NFL was quite happy with a sold-out Azteca Stadium crowd of 76,743 for Texans-Raiders last November. It's possible the Raiders, in the midst of seek-



Tom Brady
GETTY IMAGES

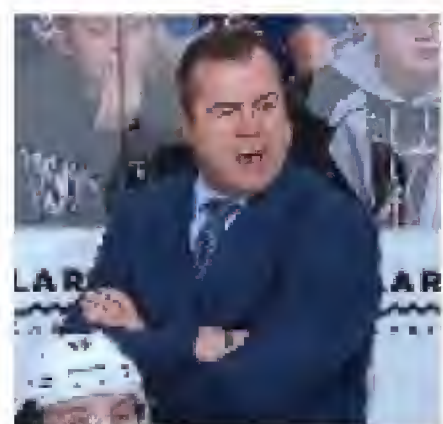
ing approval to move to Las Vegas, could be the host team again. The Chargers, who earlier in January relocated from San Diego to Los Angeles,

are another candidate to be the home team.

"I look forward to being down there, because it will be a great experience for our team," Brady said. THE ASSOCIATED PRESS

NHL

Rangers, Vigneault tack on 2 more years



Alain Vigneault has a record of 175-98-23 with the Rangers after Tuesday's 6-4 loss against the Blue Jackets.

CHRISTIAN PETERSEN/GETTY IMAGES

Alain Vigneault didn't have to think long about whether he wanted an extension with the New York Rangers. So it was all settled pretty quickly.

Vigneault and the Rangers announced a new two-year deal Tuesday that runs through the 2019-20 season.

"It was a pretty easy decision as far as you're a coach and you want to have a chance and you got a first-class organization," the 55-year-old Vigneault said.

Vigneault was under contract through next season under the five-year deal he signed in



Vigneault coached his 1,100th game last week.

June 2013.

He said general manager Jeff Gorton initially brought up the topic of an extension last summer because he didn't want the coach going into a lame-duck season. Talks began about a month ago.

"Rangers, Original Six (team),

you don't get much better than this," Vigneault said. "When we go on the road there's a cult (following) there. It's a lot like when I was with the (Montreal Canadiens). I know I need to continue to get better and that's what I'm trying to do."

Vigneault is 175-98-23 with the Rangers after Tuesday night's 6-4 loss to Columbus. In addition to Montreal, he also previously coached the Vancouver Canucks. Vigneault led New York to the Stanley Cup Final in 2014 in his first season with the team. THE ASSOCIATED PRESS

CFL IN BRIEF

Eskimos add another year to Bowman's contract

The Edmonton Eskimos signed slotback Adarius Bowman to a one-year extension Tuesday that will keep the league's receiving yardage leader under contract with the team through 2018.

Bowman, a three-time CFL all-star, set a team record with 120 catches last season for a CFL-best 1,759 yards. He had nine touchdowns on the campaign. THE CANADIAN PRESS

Argos sign tackle Zeyl to 3-year extension

Spencer Zimmerman made a big splash Tuesday in his first move as the Toronto Argonauts' acting GM.

Toronto signed veteran offensive lineman Chris Van Zeyl to a three-year contract extension. The six-foot-six, 312-pound tackle was scheduled to become a free agent next month.

Last week, the Argos fired general manager Jim Barker. THE CANADIAN PRESS

Epping opens up about being out

CURLING

Openly gay skip says he's backed by fellow athletes

It has been over five years since curler John Epping told family, friends, and peers in his sport's community that he was gay.

"I got a ton of messages," he said. "And the way people tried to relate it to me was just to say, 'Hey it's OK, we've got your back.' It came in so many different ways. It was pretty special."

Epping knew there was growing interest in his story about being gay in a men's team sport, but held off on sharing the news more widely as he didn't want it to be a distraction. So there was no news conference, no statement, no television feature.

"If somebody asks, I just talk about it," Epping said in his first

in-depth interview on the subject. "And I know I probably should do more of these because it can help people. But I just look at it like, I haven't thought about going around broadcasting that I'm a gay person curling."

"This is my life. This is me ... it's a part of life, it's what it is."

Active elite male athletes revealing they're gay is still a rarity. For Epping, it's important to weigh in if it makes it easier for someone thinking about following his lead.

"If it can make a difference for one person reading this story or even just one person in my life, if I can influence or help in a positive way — right on," he said.

While it was difficult to initially come out, Epping feels it worked out well. The three-time Grand Slam winner said he re-

ceived "loads of support."

"I would say I was very, very lucky and spoiled," he said after a recent practice session at the Leaside Curling Club in Toronto. "I hope it would be that way for everybody but I know it's not. I know we still have a long way to come in sports in general."

The 33-year-old from Peterborough, Ont., won his first Grand Slam in 2008 — The National — as a second on Wayne Middaugh's team. His first Slam title as a skip came in 2012 at the Players' Championship and he won the Canadian Open in 2015 with his current lineup of Mat Camm, Patrick Janssen and Tim March.

His rink is currently ranked seventh in the world. Epping also plays mixed doubles — a discipline that will make its Olympic

debut next year.

Epping serves as an ambassador for You Can Play, an organization that works to ensure safety and inclusion for all who participate in sports, including LGBTQ athletes, coaches, and fans.

"It's great to be involved with an organization like that, and trying to promote that and spread that," he said. "But like I said I've been lucky. The locker-room culture — nothing changed."

Epping, who is getting married in June, is playing in this week's Ontario men's championship in Cobourg, Ont. A win would send him to his first Tim Hortons Brier.

"I know the support isn't always there in every person's situation," Epping said. "In mine it was, and I'm very fortunate for that so I owe a lot of gratitude to those people. But I think it says a lot about curlers and I also think maybe it says something about the people I've surrounded myself with too in my life."

THE CANADIAN PRESS

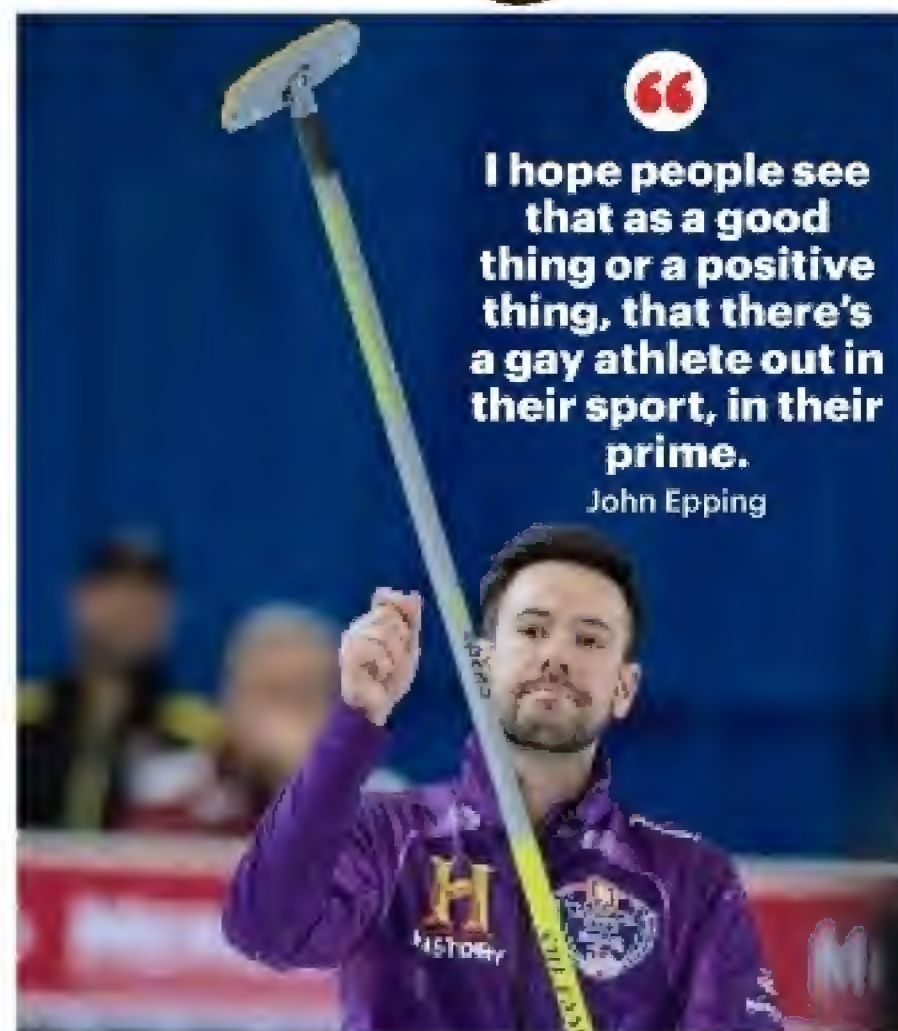
12

Gay leagues are quite popular and the 12th edition of the Canadian gay curling championship is next month in Montreal.

66

I hope people see that as a good thing or a positive thing, that there's a gay athlete out in their sport, in their prime.

John Epping



MICHAEL BURNS/TORSTAR NEWS SERVICE FILE

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PREMIER LEAGUE

Chelsea still in sight after Anfield draw

Simon Mignolet saved a late penalty after being at fault for an early goal, earning Liverpool a 1-1 draw against Chelsea that slowed the leaders' charge to the Premier League title.

The Belgium goalkeeper was caught unawares by an opportunistic free kick from David Luiz in the 24th minute as Chelsea took the lead against the run of play at Anfield on Tuesday.

Georginio Wijnaldum equalized for Liverpool in the 57th



Simon
Mignolet
GETTY IMAGES

before Mignolet turned Diego Costa's penalty around the post in the 76th.

That save meant Liverpool avoided a fourth straight home loss in all competitions for the first time since 1923 and stayed 10 points behind Chelsea with 15 games left.

THE ASSOCIATED PRESS

DEADLINE DAY

A look at the big deals in England at the close of the January transfer window:

■ **Watford striker Odion Ighalo**, pictured, joins Chinese side Changchun Yatai for £20M.

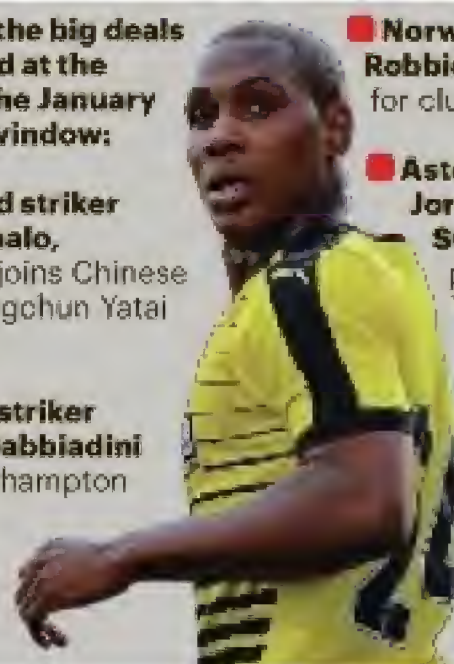
■ **Napoli striker Manolo Gabbiadini** joins Southampton for a reported £14M.

■ **Norwich midfielder Robbie Brady** to Burnley for club record £10.5M.

■ **Aston Villa striker Jordan Ayew** to Swansea for £5M plus defender Neil Taylor.

■ **Liverpool defender Mamadou Sakho** joins Crystal Palace on loan.

TONY MARSHALL/
GETTY IMAGES



SOCCER

Spurned NFL cities look to lure MLS

Dropped by the NFL, St. Louis and San Diego are among bidders from 12 areas applying for four MLS expansion teams.

Two of the teams, which have \$150 million expansion fees, will start play in 2020. MLS commissioner Don Garber said Tuesday that having stadium financing in place is a condition for selection.

"We're at a point where there are so many cities looking for so few market opportunities that we can do the right thing by everyone and ensure that every aspect

of their expansion plan is fully in place," Garber said.

MLS plans to announce its two selections by the end of the year. The percentage of government stadium financing will depend on the city.

Others to submit bids were from Charlotte, North Carolina; Cincinnati; Detroit; Indianapolis; Nashville, Tennessee; Phoenix; Raleigh-Durham, North Carolina; Sacramento, California; San Antonio; and Tampa-St. Petersburg, Florida. THE ASSOCIATED PRESS

MAKE IT TONIGHT

Spicy Enchilada Stuffed Sweet Potatoes

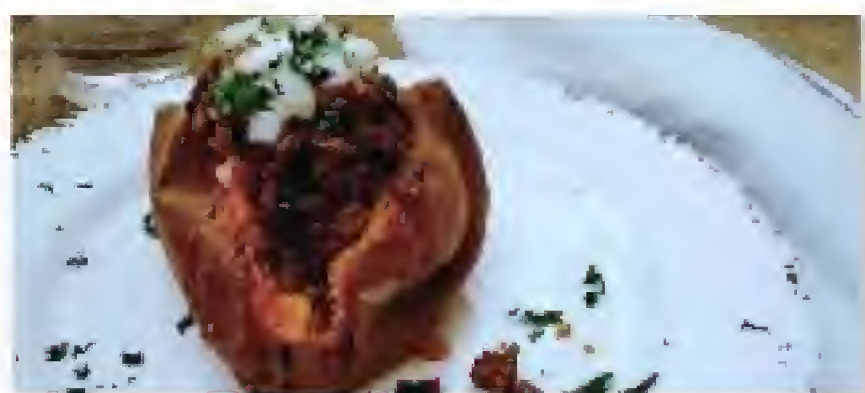


PHOTO: MARYA VISHNYE

Ceri Marsh & Laura Keogh
For Metro Canada

You won't miss the taco shell once you combine sweet potatoes with a meat filling that delivers rich flavours.

Ready in 1 hour

Prep time: 30 minutes
Serves 4

Ingredients

- 4 medium sweet potatoes
- 1 Tbsp oil
- 1 onion, diced
- 3 cloves garlic, minced
- 1 lb ground beef
- ½ tsp salt
- 1 Tbsp chili powder
- 1 tsp cumin
- ½ tsp ground dry mustard
- ½ tsp cinnamon
- ½ tsp garlic salt
- ½ tsp dried oregano
- ½ a 156 ml can of tomato paste
- butter
- Monterey Jack Cheese
- sour cream
- cilantro

Directions

1. Preheat oven to 425 degrees. Scrub sweet potatoes and pierce a few times with a fork. Place on baking sheet and bake 40 – 45 minutes, until easily pierced with a fork.

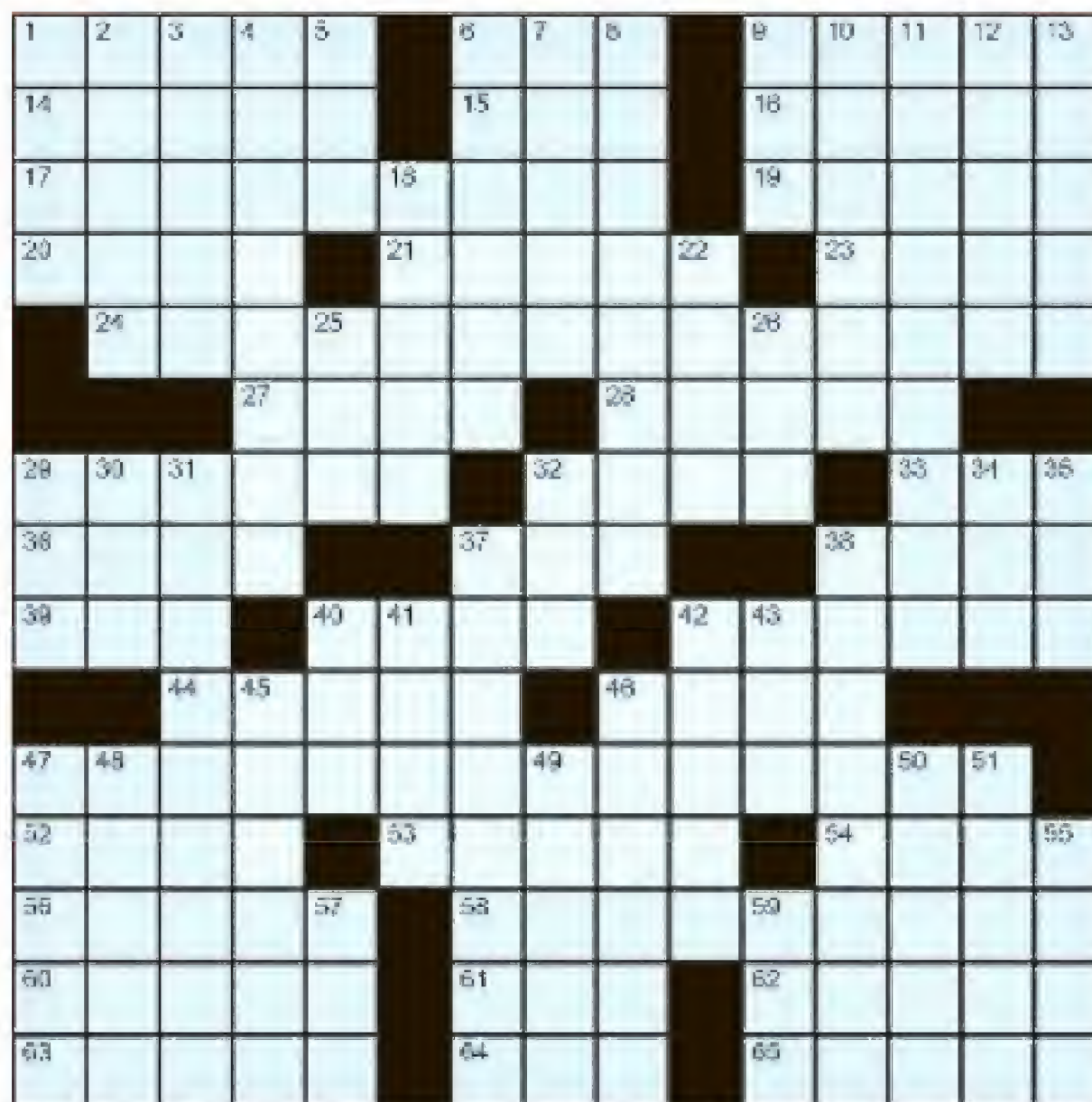
2. Meanwhile, add oil to a medium-sized pan over medium-low heat. Add garlic and onion and sauté until tender, about 5 minutes. Add beef to the pan, sprinkle with salt and sauté until cooked through. Drain fat if needed/desired. Add chili powder, cumin, mustard, cinnamon, garlic salt and oregano and stir. Add tomato paste and stir again until incorporated. Simmer for 5 minutes, stirring occasionally.

3. Remove potatoes once they've cooked through, slice down middle and, using a fork, break up filling and add a bit of butter. Spoon enchilada filling over top. Dress with additional toppings and enjoy

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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS

- Renault 5 super-mini, as it was also known: 2 wds.
- "Start With Trust" is this org.'s slogan
- Willie of "Charles in Charge"
- "It's ___ to the finish"
- Swiss river, variantly
- Letting-in-the-cold problem
- Soup/salad/sandwich setting
- Astrology sign
- Lhasa ___ (Small dog)
- Open, as a cage
- Eight: Spanish
- Montreal-born "Shark Tank" star Kevin O'Leary recently became a candidate for the what in Canadian politics?: 2 wds.
- Everly Brothers: "All I Have to ___ Dream"
- Expletive eliminator
- Gain more sense: 2 wds.
- Orbison and Rogers
- Noun modifier, briefly
- Listen
- White tie suit, commonly
- Between harbours
- "Little ___ lot?" (Quantity query)
- "Dirty Jobs" host Mike
- Coffee machine's daily change
- Play the radio

- loudly
- Release-from-jail money
- Waterway between mainland Labrador and Newfoundland island: abbr. + wd. + wd. + wd.
- Linked
- Flight segment

- Pub order
- The end
- Super-small
- Moved as molasses
- Utmost degree
- Someone sore
- Fashion designer's creation
- "___ whiz!"

- Tractor company, John ___
- "___ Land" (2016)
- Spew as a volcano
- Nova Scotia community near Chedabucto Bay

DOWN

- "___ Spirit" (Noel Coward play)
- Rose to one's feet
- Indian Ocean arm, ___ Sea
- Espresso style
- Willoway
- Participate
- Pericles
- Prince of ___
- Dates not as ancient as BCs
- Edible no longer

- Dictionary abbr.
- Song-like
- Go by in the parade: 2 wds.
- D-J link
- Brownstone stairway
- Spring flower
- Be dependent
- Toi: English
- Home [abbr.]
- UN wellness agency
- Occupational suffix
- Beach's refreshing wind: 2 wds.
- Regret
- Actor, Billy ___ Williams
- Jam container
- President Trump's techie hobby
- Seasoning in jerk chicken
- Brit. fliers
- Eyeballs
- Figure in enchanted tales, olde-style
- Sundial number
- Family of Archie's comical friend Veronica
- ___ Spirit (Noel Coward play)
- Rose to one's feet
- Indian Ocean arm, ___ Sea
- Espresso style
- Willoway
- Participate
- Pericles
- Prince of ___
- Dates not as ancient as BCs
- Edible no longer

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Today, you have the advantage over all the other signs because the Moon is in your sign. This means you can ask the universe for a favour. (It also makes you more emotional than usual.)

Taurus April 21 - May 21
You will prefer to work alone or behind the scenes today, and that's just fine. You have been so high-viz lately that you need some privacy.

Gemini May 22 - June 21
You will enjoy schmoozing with others today, especially a female acquaintance. You might discuss future travel plans with someone, because you definitely need a change of scenery.

Cancer June 22 - July 23
Private details about your personal life might become public today for some reason. People are talking about you. Let's hope it's good stuff. (Fingers crossed.)

Leo July 24 - Aug. 23
Do something different today, because you are restless and in the mood for a bit of adventure. Obviously, if you can travel somewhere, this will please you.

Virgo Aug. 24 - Sept. 23
Focus on red-tape details regarding inheritances, taxes, debt and shared property. Get information so that you can better handle disputes about these matters.

Libra Sept. 24 - Oct. 23
Because the Moon is opposite your sign today, this means you have to go more than halfway when dealing with others. In two weeks, when the Moon is in your own sign, you have the edge.

Scorpio Oct. 24 - Nov. 22
Do whatever you can to get better organized today, because this will please you. Tidy up messy areas both at home and at work.

Sagittarius Nov. 23 - Dec. 21
This is a playful, flirtatious day for you! Enjoy schmoozing with others. Sports events, fun activities with children and social outings will delight.

Capricorn Dec. 22 - Jan. 20
Home, family and your personal life are your top priorities today. A conversation with a female relative (Mom?) could be significant.

Aquarius Jan. 21 - Feb. 19
When talking to others today, you want to get down to the nitty-gritty of things. You don't want superficial chitchat about the weather. You also want to express your feelings.

Pisces Feb. 20 - March 20
Money and financial issues are your concerns today. However, be careful if you are shopping, because you might shop according to your wishes, which really are not practical. Keep your receipts.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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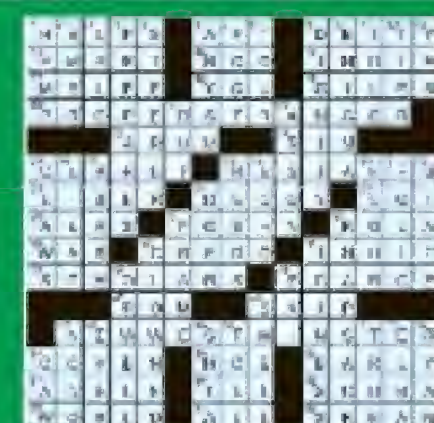
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OFFLINE READING

YESTERDAY'S ANSWERS

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